What is claimed is:

1. A portable information terminal equipped with a flash memory including a data storing region and a directory region for storing programs and
5   data, comprising:

means for setting a memory optimization order instructing execution of optimization processing for the flash memory, said optimization processing including deletion of data stored in a designated area of said data storing region corresponding to information indicating deletion of the data which is recorded
10   in said directory region, for restoring said designated area of said data storing region as an available data storing region, and

means for executing said optimization processing for the flash memory according to said memory optimization order in response to stop of electric power supply to said portable information terminal.

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2. The portable information terminal in accordance with claim 1, wherein said further comprising

means for selectively determining whether or not said optimization processing for the flash memory should be executed in response to the stop of
20   electric power supply to said portable information terminal, and

means for adjusting an optimization size for the flash memory.

3. A portable information terminal equipped with a flash memory including a data storing region and a directory region for storing programs and
25   data, comprising:

means for setting a memory optimization order instructing execution of optimization processing for the flash memory, said optimization processing including deletion of data stored in a designated area of said data storing region corresponding to information indicating deletion of the data which is recorded
30   in said directory region, for restoring said designated area of said data storing region as an available data storing region, and

means for executing said optimization processing for the flash memory according to said memory optimization order in response to execution of a specific statement incorporated in an application program used in said portable information terminal.

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4. The portable information terminal in accordance with claim 3, further comprising

means for selectively determining whether or not said optimization processing for the flash memory should be executed in response to the execution

10 of said specific statement,

means for setting execution timing of said optimization processing for the flash memory to a predetermined point of time earlier or later than the execution of said specific statement, and

means for adjusting an optimization size for the flash memory.

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5. The portable information terminal in accordance with claim 3, wherein said specific statement is selected from the group consisting of a statement of receiving a file from a host, a statement of transmitting a file to said host, and a statement of starting communication of said portable information terminal.

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6. A portable information terminal equipped with a flash memory including a data storing region and a directory region for storing programs and data, comprising:

means for setting a memory optimization order instructing execution of

25 optimization processing for the flash memory, said optimization processing including deletion of data stored in a designated area of said data storing region corresponding to information indicating deletion of the data which is recorded in said directory region, for restoring said designated area of said data storing region as an available data storing region, and

30 means for executing said optimization processing for the flash memory according to said memory optimization order at a designated date/time.

7. The portable information terminal in accordance with claim 6, further comprising

means for selectively setting said date/time for executing said
5   optimization processing for the flash memory, and

means for adjusting an optimization size for the flash memory.

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